

# TWO-PART BRAIN

## Limbic: Three Prime Directives

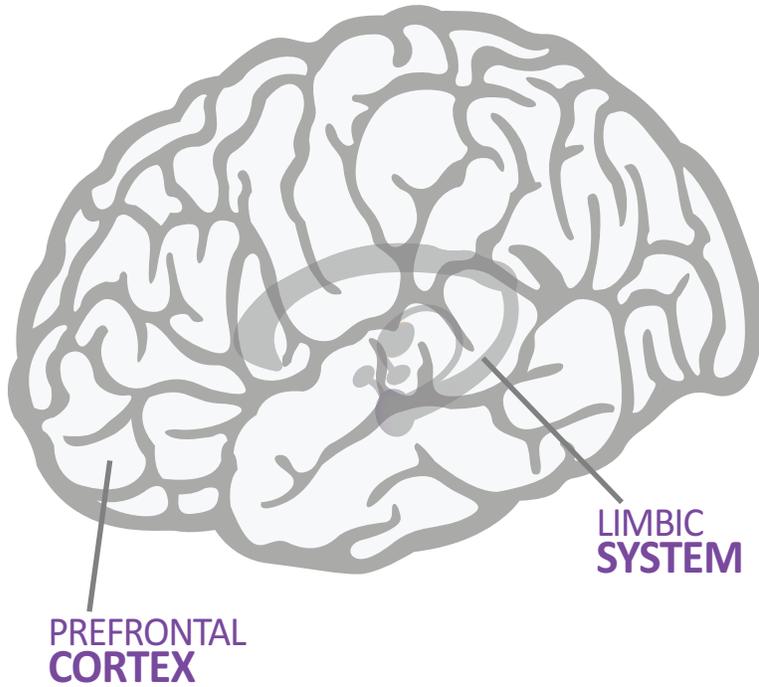
- Survive
- Avoid Pain
- Seek Pleasure

## Prefrontal: Rational Thinking

- Morals
- Judgment
- Conscious

“If you better understand how your mind works, you can better navigate through a world of increasingly subtle manipulations.”

—Richard Brodie



# How Trauma Impacts the Brain

Empowering Survivors & Family Members to Better Navigate the Healing Process

## THINK “IT”

**Recognize** the Trauma voice is the key in order to apply the concept of surrender. **Understand** where the voice is coming from. **Learn** to just let it be without giving it undo attention.

## FROZEN CHRONIC STRESS

Chronic stress fills our bodies with stress hormones which does not help with healthy growth. Stress hormones counteract our natural healing response.

## TRAUMA DEFINED

Trauma is an emotional response to a terrible event like an accident, rape, or natural disaster.

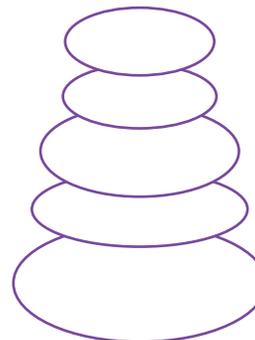
### SHORT TERM

Shock and denial are typical.

### LONG TERM

Unpredictable emotions, flashbacks, strained relationships, and even physical symptoms like headaches or nausea may occur.

## CAN WE DO ANYTHING?



AWARENESS

ACKNOWLEDGMENT

POWER THROUGH SURRENDER

MINDFULNESS

FAITH

“Trauma is much more than a story about something that happened long ago. The emotions and physical sensations that were imprinted during the trauma are experienced not as memories but as disruptive physical reactions in the present.”

—Bessel van der Kolk

## BECOME A DEFENDER

### 1. Invite us to give a presentation:

- Teaching your Children Healthy Sexuality
- Sexual Abuse Prevention and Awareness
- Recognizing and Responding to Sexual Abuse
- 5 Key Strategies of Healing from Sexual Abuse
- How Trauma Impacts the Brain

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### 2. Commit. Act. Share.

- Commit to defend innocence.
- Act on your commitment.
- Share your experience at [defendinnocence.org](http://defendinnocence.org).

### 3. Connect with us on social.

